Students Senate endorses course review booklet
by Caroline Paras

A course review booklet, sponsored by the Associated Students Inc., received an endorsement from the Student Senate Wednesday night.

After making grammatical corrections, the Student Senate unanimously endorsed the student opinion profile program.

ASI Vice President Steve Summer said after the meeting the endorsement of the booklet was a vote of confidence in ASI.

"The Student Senate is saying basically that students endorse publishing and going through the actual student profile," he said.

The senate had voted earlier that evening to approve the resolution on a 23-1 vote, but the Dean of Students Russ Brown pointed out to the senate the resolution had some grammatical errors in it. The senate then voted to reconsider the resolution and make the necessary changes.

The Student Senate's vote of confidence in the proposed course review comes despite a lack of support from the Academic Senate, a group made up of faculty members. Summer said the Academic Senate had refused to deal with the issues of a course review booklet last year.

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Restricted media could bring 1984
by Jesse Chevarria

The best antidote for protection against a 1984 is a fundamental understanding of civil liberties, said a journalism professor who gauged the accuracy of the futuristic world of George Orwell's novel during a speech Thursday before a capacity crowd at the University Union.

Dr. Randall Murray, head of the Cal Poly journalism department, was the first speaker featured in the annual Communicative Arts and Humanities lecture series. The theme of this year's series: "George Orwell's 1984: Fantasy or Prophecy?"

"The idea of the "grand effects" or the effect media can have in manipulating people, was discussed thoroughly by Murray near the end of the lecture.

He said the classic example of the potential for this effect is the "War of the Worlds" broadcast of a fictitious alien invasion that disturbed and overwhelmed millions of people.

"You probably think it couldn't happen now, could it?" said Murray. But as recently as 1974 when KGO radio ran an original program about a deadly bacteria spread by a meteor that had landed on Earth, hundreds of phone calls came into police offices. The radio station discontinued the program for the good of the community.

Although these radio broadcasts caused unintended fear, "What if someone were to do this type of manipulation intentionally?" Murray queried his audience. Murray summed up his speech by saying: "How close is 1984? It's all up to us."

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Funeral set for Saturday

Funeral Services for Cal Poly student Gary Tibbetts will be held at 1 p.m., Saturday at the Calvary Church of Christ, in Paso Robles.

Tibbetts, 21 died of massive internal injuries Sunday after his car was struck head-on by another vehicle on Los Osos Valley Road.

Tibbetts transferred to Cal Poly last spring as an agricultural horticulture major after attending Saddleback Junior College for two years.

Committee seeks student reps

The ASI Finance Committee will conduct interviews for student representatives Monday, Oct. 10, in UTU 220 at 7 p.m.

The schools of Human Development and Education, Communicative Arts and Humanities, Architecture and Environmental Design, Sciences and Math, and Engineering and Technology currently have positions open for student representatives on the Finance Committee.

The Finance Committee meets on Mondays at 7 p.m. in UTU.

Applicants for student interviews in these areas are welcome in UTU 220.

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Emergency post ready to operate

by Michael Weckler

The San Luis Obispo County Emergency Operations Center is now completed, and will soon conduct a formal drill testing the facility.

Oct. 19 will test the facility's ability to coordinate an accident at Diablo Canyon nuclear power plant.

The $1.5 million two-story building will also be the hub for directing activities connected with non-nuclear emergencies.

In case of a nuclear emergency, officials from various governmental bodies and PG&E will receive data pertaining to wind direction and radiation levels.

This data is analyzed by the Unified Dose Assessment Center, on the same floor, and then sent to county officials on the first floor who will decide of possible public action, like sheltering or evacuation.

If an evacuation is necessary, the county officials on the first floor will decide on routes taken and other activities associated with the evacuation.

Members of the Sheriff's Department, Fire Department and other law agencies will also be centered on the first floor.

Members of those agencies as well as the chairman of the board of supervisors, will decide on the direction and control of the emergency activities.

Generally the building will be empty, except in times of an emergency, or emergency drills. But the dispatch center will be used by the Sheriff's Department on a regular basis.

The building has a diesel generator to provide backup power, as well as a battery supply system, providing power to the computers.

The center's communication systems include radio, telephone and microwave relays.
From the world...

Israel accused of breaking pact

BEIRUT, Lebanon (AP)—Prime Minister Shafik Wazzan accused Israel Thursday of a "flagrant violation" of the May 17 troop withdrawal accord and indicated Lebanon might scrap the pact.

Wazzan, in a statement to reporters broadcast nationwide, accused Israel of violating the pullout agreement by its partial withdrawal of troops from the Chouf and Aley Mountains Sept. 4.

"Israel has violated this agreement by staging its sudden, partial withdrawal, which caused the very massive misery and destruction that we expected to o f the May 17 troop withdrawal accord and indicated Lebanon might scrap the pact."

Wazzan charged.

Because of this "flagrant violation of the agreement, we will not rule out a reconsideration of the accord," he said.

Wazzan added that the Lebanese government has never exchanged ratified treaty documents with Israel because "we reached a stage where we felt the accord would not yield the fruits we hoped it would produce."

Golding wins literature prize

STOCKHOLM, Sweden (AP)—British writer William Golding, whose novels include "Lord of the Flies," won the 1983 Nobel Prize in literature, the Swedish Nobel Committee announced Thursday.

Golding, 72, was cited "for his novels, which with the perspicuity of realistic narrative art and diversity and universality of myth, illuminate the human condition in the world today."

Reached at his home in southern England, Golding said the award was unexpected. "The idea really wasn't in the forefront of my mind at all," he said.

"But now that I have heard, I really am delighted."

He added that he needed no encouragement to con­continue his work. "Well, at the age of 72 and having been writing since I was 7, I don't think one needs en­couragement to carry on," Golding said. "One does it almost mechanically."

Argentina in financial crisis

BUENOS AIRES, Argentina (AP)—Nervous Argen­tines mobbed several Buenos Aires banks Thursday seeking to remove contents of safe deposit boxes because they fear the debt-plagued government might impound the boxes.

The banks, in a bid to hold on to foreign currency, began implementing government orders freezing fixed-term deposits in foreign money and requiring that checks in foreign currency be redeemed only in Argent­ine pesos.

"We had 650 people in here all at once," said an ex­ecutive at the Banco Franco, jammed by Argentines trying to get to their safe deposit boxes. "We had to call our security people to keep order."

Many depositors were thought to have foreign cur­rency or other liquid assets in the safe deposit boxes and believed the government's next move might be to impound the contents.

Reason not bound by vote

WASHINGTON A.P.—A White House spokesman said Thursday the Senate is "welcome" to vote on whether James Watt should be fired, but President Reagan wasn't "bound by it." Another source said the interior secretary will resign, however, rather than be repudiated on Capitol Hill.

This administration official, who spoke on condition that he not be named, said Watt has not been asked to resign. "He's on vacation right now," he said.

Speakers, in discussing the pending Senate vote, said "We'd prefer that it not come up. We'd prefer that the Senate act on its own," by waiting for a change in leadership or order from the White House.

Asked if President Reagan would seek Watt's resignation if the Senate demands it, the official said, "the president would certainly welcome a Senate ex­pression of its views on anything, but it would not be binding."

For his part, Watt was described by aides as enjoy­ing his California vacation in the rolling hills above Santa Barbara. Another administration source, who also demanded anonymity, said that the concern was not so much that the Senate vote would go against Watt but that the margin could be overwhelming.
Cardinal Cooke dies of cancer

NEW YORK (AP)—Cardinal Terence Cooke, the archbishop of New York and chief chaplain for 2 million Catholic military personnel, died of cancer Thursday after weeks of suffering in which he declared life is "no less beautiful when it is accompanied by illness."

Tributes poured in from the world's top political and religious leaders, ranging from fundamentalist Protestant to liberal Catholic bishops, from President Reagan to Pope John Paul II.

Cooke, who was 62, died in his home behind St. Patrick's Cathedral at 4:45 a.m. after weeks of pain from "acute leukemia complicating a chronic lymphoma condition," according to the archdiocese.

Cooke became the seventh archbishop of New York and military vicar in 1968, succeeding his mentor, Cardinal Francis Spellman. A year later, Cooke was elevated to cardinal by Pope Paul VI, becoming at that time the youngest cardinal in the world.

House approves water projects

WASHINGTON (AP)—The House approved an $119.8 billion spending bill Thursday for 43 new water flood control projects and new barge locks in 22 states.

A 60-year-old Hong Kong immigrant, Mak was convicted Wednesday in the Feb. 19 killings, Washington's worst mass murder.

Aggravated first-degree murder is the only crime in Washington punishable by death. Execution in the state is by lethal injection or hanging.

Under state law, the jury was required to sentence Mak to death or life in prison without parole.

Chinatown killer gets death

SEATTLE (AP)—Willie Mak was sentenced to death Thursday by a jury that had convicted him of aggravated first degree murder in the massacre of 15 people in a Chinatown gambling club.

The King County Superior Court jury deliberated less than two hours before passing sentence on the 23-year-old Hong Kong immigrant, Mak was convicted Wednesday in the Feb. 19, 1979 killings, Washington's worst mass murder.

Aggravated first-degree murder is the only crime in Washington punishable by death. Execution in the state is by lethal injection or hanging.

Under state law, the jury was required to sentence Mak to death or to life in prison without parole.

Oakland teachers still strike

OAKLAND, Calif. (AP)—Mayor Lionel Wilson met with teacher and district representatives Thursday in an effort to end a three-day teacher's strike that has all but stopped instruction at city schools.

In the third day of the walkout, OEA officials estimated that more than 90 percent of the teachers were honoring picket lines. The district's 60 elementary schools were operating on a "minimum day," with classes ending at 1:35 p.m.

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Ed Herndon, and Cindy McNeil pedal away at the San Li...
Poly students shape up with nutrition

by Kristen Simon
Lifestyle Editor

Photos by Denise Hubbard

It all started with Weight Watchers and Overeaters Anonymous, but today there is a nationwide trend bent on getting America in shape—literally.

In recent years there has been an onslaught of diet groups, gyms, health spas and even restaurants developed to help people control their weight. Whether it's through exercise programs or frozen Weight Watchers TV dinners, the American public is bound and determined to get (or stay) slim.

To meet the demand, therapy groups designed to help people deal with eating disorders have been formed in just about every major city and small town in his country. Supermarkets are stocking shelves with low-calorie foods and some bakeries are specializing in diet treats.

With its large student population, San Luis Obispo is no exception. Students are products of a unique lifestyle. Their eating habits are often dictated by the availability of time and the amount of money in their checking accounts.

According to LeAnn Leonardo, owner of the San Luis Obispo Diet Center, time is the main influence for most students. "It's actually cheaper to eat healthy—McDonald's can get expensive," she explained.

"We encourage students to make meals ahead of time so they are on hand and easily available." Although there is more emphasis on nutrition in recent years, Leonardo does not feel that students are more knowledgeable about their eating habits.

"It's unfortunate, but 30 percent of college-aged women suffer from overuse of laxative and throwing up after meals," she stated. "They'll do anything not to make the food stick to their ribs."

Angela Paradiso and Barbara Radtke are nutrition educators with the Cal Poly Health Center. Both feel that a good diet has to include exercise or increased activity.

"A good diet is not a fad or trendy diet," Paradiso stressed. "The four food groups have to be considered."

Most students come to us and want a formula for good nutrition, but there is no formula—it takes a commitment," she added.

"Most just aren't aware of what they should be eating and in what quantities," Radtke explained. "They aren't taking wise choices. For students who eat on campus, the good foods are available, they just need to make the right decisions.

Most experts agree that eating right doesn't take a lot of time, it just takes knowledge and awareness.

Sarah Burroughs teaches a beginning nutrition class (Nutrition 210) which helps students to understand the value of nutrients and how the body uses them. "It's fact versus fantasy," she said of the course matter.

"My guess is that students come (to class) more aware of nutrition and its role in health. I truly feel the public is better informed."

"Five different majors are required to take this class, but about half of the class is there because they are interested—not because they have to be there," she added.

Burroughs agrees that the pressures of time are a big concern for students. But she also feels that everyone should make the time to eat right.

"Low calorie convenience foods fill a need for some people," she explained. "Some need assistance."

"In answer to this need, the Health Center, as well as the SLO Diet Center, counsels students on how to grocery shop more effectively.

"We don't encourage or discourage convenience foods, rather we lay on the facts and let students make their own choices," Radtke stated.

"Packaged foods are high in sodium and are also pretty expensive. It's always better to prepare foods yourself," she added.

Burroughs stressed that nutrition is not the only factor in today's health-conscious society. "There is no sensible way to talk about diet without somehow incorporating exercise."

"In San Luis Obispo there is a wide variety of gyms and exercise classes available, but there are also large opportunities for self-motivated activity—such as tennis, cycling or swimming."

What about vitamin supplements? Burroughs explained that the average person does not necessarily need them. "But with a student's pattern of hit and miss meals it wouldn't hurt to take a color of the day type supplement."

"I hope students understand that there is no magic in nutrition, but well-nourished people do better in the long run," she added.

"It's a positive thing you can do for yourself."

Photo by Oonla Hubbard

Fitness is made fun at Calendar Girl where aerobic dance classes are usually filled to capacity.

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FRIDAY, OCTOBER 7, 1983
Counseling Center finds new home

by Becky Marr
Staff Writer

The Counseling Center is settling into its new home in Jepperson Hall, near Mustang Stadium. The same free services are still available. The catch is there is now more room to provide them.

Those programs which utilize the two-way mirror room, for example, benefit from the added space according to counselors at the center. Jepperson’s many windows add dimension to the center said one counselor. “The atmosphere is different,” said Dr. Lois Dirkes. “The offices are more inviting and open.” Dr. Dirkes feels Jepperson’s visibility will enable more students to become aware of the center. “This (College Avenue) is a busy street,” she said, as students passed below the second story window in cars, on bicycles, and on foot.

Jepperson’s renovation was completed shortly before Fall Quarter. Funding for the project was provided by the Cal Poly Foundation through a proposal to President Warren Baker according to Facilities Planning Director Doug Gerard. Money is received by the Foundation as undesignated gifts from alumni and friends of Cal Poly, he said.

Unlike funding for the Counseling Center, money realized through minor savings enabled the renovations to occur. Planning Facilities identified funds from last fiscal year said Gerard.

Applications available for Miss SLO ‘84 pageant

Young women between the ages of 17-26 who live, work or go to school in the San Luis Obispo area are encouraged to try out for the Miss San Luis Obispo Pageant ’84.

Interested enthusiasts should pick up an application at the Chamber of Commerce at 1039 Chorro or at Bob Gordon Floral Design Studio at 1632 Morro Bay.

The pageant will be held Monday, Oct. 17 at 7 p.m. at the Monday Club located at 1815 Monterey.

The pageant will be held Jan. 21, 1984 and the contestants will compete in three categories: talent, swimsuit and interview.

For additional information contact Connie Reaser at 544-0248.
The Cal Poly women's volleyball team will meet the University of Pacific Tigers Friday at 7:30 p.m. in the Main Gym, in what Mustangs' head coach Mike Wilton calls "a very critical match."

Wilton said the Tigers are a very experienced team, who have had four out of six starters playing together for three years now.

"They've experienced about all that you can in the game of volleyball together, while we're still trying to find a line-up that will click," said Wilton.

"The Tigers finished in a tie for fifth in the nation last season and with five starters back from last year's team, they will be as tough as ever."

The last time the Mustangs faced UOP was at the UOP tournament, the Tigers winning in the finals, 12-16, 16-6, 16-10, and 16-12.

Wilton added that in the final game of the match, the Mustangs led UOP 12-8 in the fourth game only to surrender the next seven points and the match.

Wilton said he is hoping the Mustangs' serving improves compared to last week's performance against USC. Adding it is, the Mustangs' inconsistent serving that hurt the team against the Trojans.

Saturday at 5:30 p.m., the Mustangs will take the floor in the Main Gym against the Golden Bears of Berkeley.

Berkeley finished tenth in the nation last season and, according to Wilton, the team hasn't lost many starters, so the Bears should be very tough. However, Wilton is expecting a good match on the part of the Mustangs.

"We smashed them the last time we met, 15-6, 15-9 and 15-2," said Wilton who is hoping for two victories this weekend.

"If we can pull off a double victory this weekend, it will do wonders for the team," he said.

Again Wilton said he would like to see some more crowds about the same size the night Poly played USC. Admission is free to all students with a Cal Poly I.D. card.
Mustangs hope to stop show and Aggie's streak

by David Kraft

The competition will not get any easier for the men's cross-country team this week when they travel to Palo Alto to run the Stanford Invitational at Stanford University.

A quality field of Division I and Division II teams will run on the golf-course freeway.

Head coach Tom Henderson is very interested in seeing how his western regional foes, Cal Poly Pomona, University of California at Riverside and Cal State Sacramento finish. “These three teams, plus ourselves, will dictate who will qualify for nationals from the West,” said coach Henderson.

The Mustangs lost to Cal State Sacramento, who host the NCAA Western Regional Championship meet Saturday at 7:30. The Aggies topped the Mustangs on the west coast and both have playoff aspirations.

Getting ready to televise Saturday afternoon’s California Polytechnic State University football game at Mustang Stadium, said, “That tells you something about their team.”

The Aggies did lose quarterback Ken O’Brien to graduation and the New York Jets, but they have a virtual clone in six-, 190 lb. junior Scott Barry. He has completed nearly 70 percent of his passes (62 of 89) for 648 yards and seven touchdowns.

Barry directs a Davis offense which Sanderson says “takes advantage of the defense’s weakness. They don’t have a lot of plays, but they run them from different sets.” Davis lives by the old adage of “We’ll run it better than you can defend it.”

Barry’s favorite target is flanker Allen Flessner, who has 14 catches for 211 yards and a pair of touchdowns.

by Sherman Turnine

The coach could prove to be a prophet, especially for Cal Poly. While a loss wouldn’t completely close the door on the 3-1 Mustangs, the light would grow dimmer for the Mustangs.

Barry’s opposite number, Cal Poly’s Tim Snodgrass, also has the ability to light it up regularly. The Mustang offense has chewed up 365 yards of real estate per game, with Snodgrass throwing for 824 yards and 10 touchdowns.

The Aggies are airborne much of the time, but they do have a talented running back in Shawn Rogers (78 yards, 4.4 yard average). For the season, Davis has averaged 375 yards in total offense, 149 on the ground and 226 via the air.

The Aggies have given up only nine points in three games, so Sanderson knows his offense needs to be hitting on all cylinders.

Davis is a very good defensive football team. Everybody talks about their offense, but their defense is extremely tough. Cal Poly has the size advantage, but Davis has a quick defensive unit which could give Poly problems.

The Mustangs have the tools to defuse the offensive fireworks as well. Linebacker Gary Swanson was named Western Football Conference Defensive Player-of-the-Week for his 19-tackle performance against Boise State, and cornerbaccy Greg Thompson leads the WFC in interceptions. The Saturday match-up of potent offenses and stingy defenses should be a highly fascinating one.

Davis brings a 14-game regular season winning streak and a number of national ranking into San Luis Obispo, while Cal Poly is ranked tenth. The winning team will have to prove itself and rank itself a bit closer to the playoff berth. Sanderson says flat out, “It’s without question the most important game of the year.” He’s right.